

# Sourdough English Muffins

Yield: 24 muffins

Recipe by: Sherida Phibbs

**LEVAIN (100% hydration)**  
330 grams

## DOUGH

**836 grams of milk 90°F** (*if using dry milk 1 cup and finish weight with 90°F water*)

**88 grams honey**

**3 eggs beaten**

**1320 grams bread flour**

**28 grams salt**

**Cornmeal** (*to roll muffin ball in*)

**Food Safety Best Practice:** *Clean and sanitize work surface before and after preparing recipe. Wash hands before preparing food.*

## Day 1 (night before) Build Levain

Using the ratio that best works for your kitchen's ambient temperature. i.e.

\*Temperature 60-70°F - 1:2:2 ratio 70 grams starter, 140 grams water, 140 grams bread flour - will peak 8-12 hours (this makes 350 grams)

\*Temperature 78°F - 1:3:3 ratio 50 grams starter, 150 grams water, 150 grams bread flour - will peak 8-12 hours (this makes 350 grams)

## Day 2 Prepare Dough

1. Combine leavin and milk, mix well.
2. Add honey and eggs, mix until blended.
3. Add flour and combine completely with a silicone spatula and bowl scraper. Mix until all the flour is wet, and a shaggy ball is formed. If needed use a damp hand to finish mixing.
4. Cover with a lid or a plate and allow to autolyse for 30 minutes. *Note- this is when the bulk fermentation begins.* Rest the dough at 75-80°F.
5. Sprinkle salt onto the dough. Using wet fingers and hands to poke the salt into the dough. Continue to combine the salt using the bowl scraper to fold the dough into itself.
6. Perform the 1st set of stretch and fold. Cover and allow to rest for 30 minutes.
7. Do another 3 stretch and folds sets. Spacing 30 minutes apart, cover dough between sets.
8. Cover bowl with plastic and place in refrigerator.
9. Cold retard for 12-48 hours.

## Day 3 - Bake

1. Cut dough into 109-110 gram balls.
2. To form the ball, use flour to handle the dough. Form the dough into a ball and roll it around in cornmeal. The cornmeal helps the dough from sticking when browning.
3. Cover with a tea towel and allow to bench rest for 2-4 hours until doubled in size.
4. Preheat oven to 375°F and heat a skillet with lid on medium low heat.
5. Brown muffin in covered skillet for 3-4 minutes on each side until golden brown.
6. Finish off each batch in the oven until the internal temperature of muffin is 207-210°F. around 6-8 minutes.
7. Remove from oven and rest on cooling rack.
7. Use a fork to split the muffin.

Sourdough starter fermentation instructions, videos and recipes can be found [on our website](#):



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